



Bernal Youth!



Photo by Rory McNamara

Monique Lawson, Eric Allen and Bill Singleton take a break during the Bernal Heights Youth Program's "Dance-a-Thon." For highlights, see the "Youth Page" on page 12...

Revitalization en Cortland

Por: Gail Corbitt

Traducción: Stella Loaisiga

Las noticias en Cortland son todas buenas. Cuando se le pregunta a la gente en el vecindario qué les gustaría ver en Cortland, la respuesta es casi siempre "frutas frescas, vegetales y productos al horno". Aquí vienen Ya! Good Life Grocery, una tienda que tiene 16 años en Potrero Hill está abriendo una segunda tienda en 448 Cortland donde estaba antes la vieja Shop Rite Grocery contiguo al Video Oasis. Ellos tendrán una amplia selección de productos, tanto orgánicos y comerciales, mariscos frescos y carne, una gran variedad de panes (algunos orgánicos) y diversos productos lácteos así como también una amplia selección de bienes de consumo. Good Life Grocery abrirá este verano. Ellos están animados a contratar jóvenes de la localidad, práctica que les ha dado éxito en Potrero Hill. Pronto podremos contar con una excelente tienda abastecida con todos los productos que tenemos que buscar fuera de Cortland.

Otra buena nueva viene de Imre Mandoki, Presidente de la Asociación de Comerciantes de Cortland, quién dice que como resultado de varias reuniones con James Ho, Delegado del Mayor de Desarrollo Económico y las Empresas y líderes de Bernal Heights, se hará un paseo por el vecindario para discutir las mejoras tales como cables subterráneos, case-tas y más árboles. Imre abrirá también una tienda con especialidad en comida Húngara pronto, la cual contará con buenos estofados

Revitalization on Cortland Avenue

By Gail Corbitt

The news on Cortland is all good. When asking the people in the neighborhood what they would really like to see on Cortland the answer is almost always "produce and baked goods." Here they come! Good Life Grocery, a store that has been established for 16 years on Potrero Hill is opening a second store at 448 Cortland at the old Shop Rite Grocery location next to Video Oasis. They will have an extensive selection of produce, both organic and commercial, fresh seafood and poultry, a gigantic assortment of breads (some organic) and a large dairy selection as well as wide selection of staples. Good Life Grocery will be opening this summer. They are eager to employ local youth, a practice that they have been successful with on Potrero Hill. Soon we can look forward to a bright, clean store with all the products we have had to leave Cortland to get.

Other good news comes from Imre Mandoki, President of the Cortland Merchants Association, who says that as a result of several meetings with James Ho, Deputy Mayor of Economic Development and Business and Bernal Heights

leaders, a neighborhood tour will be held to discuss improvements such as underground wiring, awnings and more trees. Imre will also be opening a Hungarian food specialty store soon which will feature such good things as sausages and breads and well as other specialty items.

Both of these new businesses felt that interest in the neighborhood is growing. This is prompting Bank of America to begin a feasibility study on installing an outside automated teller machine. One way to help this process along is to express your desire for such a machine.

Another major improvement in the neighborhood had been the presence of Rey Ibay, our own Community Police Office Program (C.P.O.P.) Officer. If you have notice that the scene at the library and park as well as Cortland and Ellsworth has improved, it is largely due to the effort of Officer Ibay. He has cleaned out a large number of non-resident loiterers. He welcomes input from merchants and residents and can be reached at 333-3433. A recent tour of the park on a Sunday afternoon found many happy families

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sazonados y panes así como otras especialidades.

Ambos negocios opinan que el interés en el vecindario está creciendo. Esto insta a que el Banco de América comience un estudio de factibilidad para instalar una caja automática fuera del Banco. Una forma de apoyar este proceso es expresando su deseo para tal máquina.

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Posible Cierre De 29th Street Le Clinica Clinic En La Calle 29 Faces Closure

Por el tercer año consecutivo, la Clínica Externa para Adultos de la Calle 29 ha sido designada para cierre. Esto privaría a Bernal Heights, así como a todo el distrito sur-este de la ciudad (Glenn Park, Excelsior, Portola, Bayview/Hunters Point, Visitación Valley y Crocker Amazon) de su única clínica designada y diseñada para servir las diversas poblaciones del área.

"Ofrecemos cuidado accesible de crisis de la ciudad". La clínica también trata de servir la diversa población étnica de su distrito, enfocando las poblaciones Latina y Filipina con sus servicios comprensivos y culturalmente pertinentes. "La Clínica de la Calle 29 ha sido una fuente bilingüe única para la comunidad Latina en esta área de la ciudad y

For the third year in a row, the 29th Street Adult Outpatient Clinic has been designated for closure. The closing of this clinic would strip Bernal Heights, as well as the entire south-east district of the city (Glenn Park, Excelsior, Portola, Bayview/Hunters Point, Visitacion Valley and Crocker Amazon) of its only adult public mental health clinic designated and designed to serve the area's diverse populations.

"We offer accessible and community based care," explains Doug Phillips, Director of the 29th Street Clinic, "We provides long-term stabilized treatment, as opposed to more costly programs or temporary solutions such as expensive in-patient hospital stays or repeated visits to city crisis clinics." The clinic also strives to serve



29th Street Clinic Director Doug Phillips goes over the day's business with Secretary Maria Medrano.

ha proveído servicios de salud mental con un personal bilingüe y culturalmente sensible", dice Edwin Rodríguez del Centro para Refugiados Centro-Americanos. "Le costará a la ciudad más dinero proveer

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the diverse ethnic population of its district, targeting the Latino and Filipino populations with its comprehensive and culturally relevant services. "29th Street Clinic has been a unique bilin-

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What's Doin' on the Hill:

BERNAL SUMMER GUIDE

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Noticias de la Comunidad en Español: PAGINA 7

new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The New Bernal Journal is a bi-monthly community newspaper sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events that support the Foundation's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The New Bernal Journal is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Community Foundation.

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New Bernal Journal Staff/Volunteers

Editor Vicki Victoria
Photography Rory McNamara, Jose Leon, Vicki Victoria
Printing Howard Quinn Company
Art Production Victoria Graphics
Distribution Terrence Ireland, Gerald Whitehead, & a cast of hundreds!
Contributors Imre Mandoki, Gail Corbitt, Jeanette Conley, Jessica Murray, Barbara Pitschel, Phil Zamora, Albert Kurz, Rey Ibay, Dolores Brady, Jacqueline E. Letalien, Maria Morales
Spanish Translation: Carmen Muñoz, Stella Loaisiga

Advertising: 206-2144 - ask for Vicki Victoria

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29th Street

cont'd from page 1...

gual resource for the Latino community in this area of the city and has provided mental health services with bilingual, culturally sensitive staff," says Edwin Rodriguez of the Central American Refugee Center, "It will cost the city more money to provide treatment at the Psychiatric Wards of S.F. General Hospital to patients whose condition has been aggravated than it would to maintain the existing outpatient services in the community."

In response to the City's fiscal crisis, The Mayor's Office has instructed the San Francisco Department of Public Health to reduce their budget by \$15.4 million or more. Public Health Director, Raymond Baxter, has stated his commitment to continue to provide services to all citizens in each district by initiating the integration of community-based health and mental health clinics, "We will seek to preserve prevention, primary care and other community-based services in order to avoid the use of more expensive acute care services." However, Baxter's definition of "community-based" is an unreal-

istically broad one that plans to consolidate one of the city's largest districts, the south-east area, into an existing clinic located in the Mission/Potrero Hill district.

Gerald Whitehead, President of the Bernal Heights Community Foundation's Board of Directors, has fought alongside other community organizations, churches and neighborhood groups and associations to keep the clinic open over the last three years. Whitehead feels that there has always been an oversight for neighborhood services in the south-east part of the city, "Bernal Heights has traditionally been 'shorted' in budget matters as far as infrastructure improvements and even maintenance was concerned; we would view with great alarm any efforts to cut our mental health services also." He views the clinic as an indispensable neighborhood resource for the foundation's community service work.

Services provided to citizens at the clinic include a range of vital mental health services and treatment of seriously or chronically mentally ill people with depression, psychosis, schizophrenia, phobias, anxiety disorders and major life crisis problems. By being an outpatient clinic, based

Dirty Laundry

How do we get a decent laundromat in Bernal Heights? The two on Cortland Avenue are always dirty, have at least 2 or 3 machines that don't work and the owners are totally unsympathetic.

I know I am not the only person disgusted with these conditions and without other laundry resources. We need a decent laundromat!! - Mary Merryman

Journalism Advice

Your paper has difficulty defining itself as a "newspaper" in the true sense of the word, or a "political instrument" to further the goals of the community foundation. Most, if not all of the articles that appear in your paper are not objective, but rather fall under the definition of "commentary".

Students of journalism are taught how to write a balanced article reflecting most, if not all viewpoints of an issue, or, in the alternative, all facts they can acquire through investigative reporting. At the least they are taught to disguise obvious bias by hiding it in the quotes of news sources. The Bernal Journal fails even in this regard, if in fact, it is a "newspaper." - Robin L. Day

As stated in our masthead, the New Bernal Journal (NBj) is sponsored and published by the Bernal Heights Community Foundation (BHCF) and reflects the mission of the BHCF. Obviously, we aren't inclined to print articles that are detrimental to the BHCF's work in providing the community with Youth, Senior and Affordable Housing services.

Our contributors to the NBj are not professional journalists who are "taught to disguise obvious bias by hiding it in the quotes of news sources," (as evident in minor, city-wide papers who communicate their own slanted views through this technique your mentioned.). Most of our contributors, on the other hand, are staff and board members, neighbors, volunteers and recipients of the many social services that the BHCF provides. I apologize if our untrained styles of writing offend you. It may be true, that in our passion and dedication for community services, we may write with the "obvious slant" which you noticed. Other newspapers are no less guilty of the same "editorializing" of the "news" articles in a similar fashion.

- Editor

in the neighborhood, these mental health services allow people to return to their families to resume their lives in their own homes and communities. No person applying for clinic services is turned away due to financial problems. Over 35% of the clinic's budget is provided by state and federal reimbursements through the Medi-Cal and Medi-Care programs.

"It is understandable that the city of San Francisco is seeking to balance its budget by trimming less-essential programs," explains Lynn Simon of Bridge Housing Corporation which manages the affordable senior apartments, Coleridge Park Homes, "However, the resulting cost to the City of closing the 29th Street Clinic could conceivably be greater than that of keeping its doors open." Phil Zamora, President of the South of Army Mission Merchants Association sees the closing as a potential for increased problems stemming from the lack of community mental care, "We'll realize further over-crowding of our jails, increased need of police protection, more drug and alcohol related problems and, finally, increased

hospital admissions of severely mentally ill citizens. We can not afford such high costs in both human and economic terms."

Emily Goldfarb of the Coalition for Immigrant and Refugee Rights and Services views the closing as another loss of community services for the city's most disenfranchised people: immigrants and refugees. Goldfarb explains, "Many immigrants and refugees are survivors of war, economic crises, and natural disasters. The trauma carried over after these experiences must be treated properly in order for them to function as contributing members of our community."

William Nelson of the Hispanic Affairs Office of the Archdiocese of San Francisco has seen an increasing need for 29th Street Clinic's services, "The growing problem of the mentally ill in our community - only made worse by the increasing numbers of Central American refugees - would argue rather for an extension of this vital community service and not its elimination." This need for increased minority mental health services is supported by the 1990

growth and the Visitacion Valley area a 47% increase in Asian, Native American and other ethnic populations.

A young Latino man in his early 20's exemplifies the case of many Bernal Heights residents who have been helped by 29th Street Clinic. A few years ago "Miguel" (fictitious name to protect client confidentiality) went to the clinic with what appeared to be an intractable, deep depression which caused him to repeatedly lose jobs and to drop out of college. After proper diagnosis and treatment of his recurrent depression, Miguel was able to return to his classes and graduate from his university, eventually landing a good job with a local big name company. Miguel must continue treatment, but remains successful in his chosen career and with a family of his own.

The Board of Supervisors will review the Department of Public Health's budget proposal which will decide the fate of the 29th Street Clinic in mid-June.

- By Vicki Victoria

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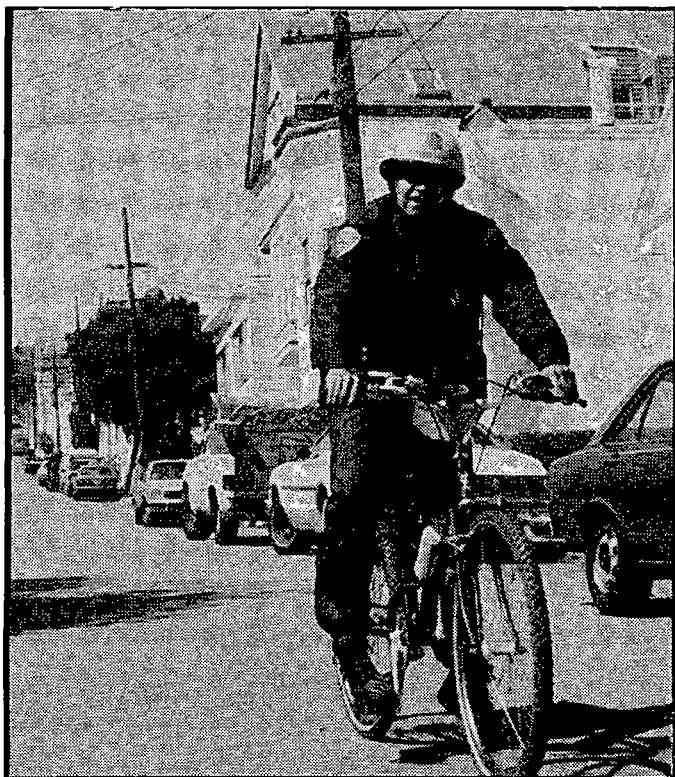


Photo By Vicki Victoria

Have Water Bottle, Will Patrol

Bernal's "Beat Cop" does it on two wheels

Bernal Heights received its second C.P.O.P. (Community Police Officer Program) officer in mid-May, completing its roster of two neighborhood "foot patrol" officers. The idea of C.P.O.P. was implemented this year to give the city's neighborhoods officers that would become more intimate and involved with their district by patrolling their "beat" on foot, rather than in a patrol car. Unlike other C.P.O.P. officers who are "foot cops," Martha Fabiani has her own style of "walking" her beat:

on a mountain bicycle. "People like it - it's new, different and they feel that we're more mobile on bike than on foot," says Officer Fabiani. In addition to being more accessible to the community, Officer Fabiani also notes that people committing crimes are caught off guard, "They're watching out for a patrol car, and not a bike. I've already caught people in the act because of this."

When Officer Fabiani was chosen for the C.P.O.P., her sergeant told her that there was a certain patrol that needed a bilingual officer (she speaks both Spanish and Italian). Officer Fabiani discovered that this patrol would be Bernal Heights and enthusiastically took the assignment, "I grew up in Bernal and have lived here for the past 31 years." Married with two daughters, one and three years old respectively, she hopes to motivate and act as a positive role model for Bernal youth, "I'm a working woman with kids and any girl can do it, too!" Along with her regular duties, Officer Fabiani is also very excited about starting a sports team of Bernal youth, "I'd really like to reach out to youth in a positive way through this sports program and especially hope to get girls involved. We will compete with other district teams in all types of sports." In addition to running the sports program, she will also organize free salmon fishing trips this summer for youth 11 - 18 years of age.

Officer Fabiani's patrol covers the area north of Cortland Avenue to Precita Park while fellow C.P.O.P. Officer Rey Ibay patrols his beat on Cortland and to the south.

Their patrols will overlap and they will work together as well as Bernal's community members. "I want people to approach me and let me know what are the problems of the community are," says Officer Fabiani, "I know that I can't solve all the problems at once, but I want people to understand that I'll be working hard, keeping a level pace, and will need their help." As for her option of contending with the Bernal's hills on bike rather than on foot, she says that she enjoys biking and being more visible and accessible to neighbors, "More people approach me on the bike than in a patrol car - there's a lot more looks, and a lot more smiles."

Officers Fabiani and Ibay welcome and encourage Bernal residents to contact them at their C.P.O.P. number: 333-3433, Ingleside Police Station.

- By Vicki Victoria

NEW BERNAL JOURNAL'S READER SURVEY

Win 2 Tickets to our "Spaghetti Feed Fundraiser",
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Sex: () female () Male **Age:** () under 18 () 19-25 () 25-35 () 36-45 () 46-59 () 60 +

Residence: () Own Home () Rent

Occupation: () Professional/managerial () white collar () blue collar () retail/sales
() student () retired () unemployed

How often do you receive the NBJ at your home?

() Always, Every two months. () Once in a while, every 4 or 6 months. () never

() I pick up a copy myself at: _____

Distribution:

() I currently volunteer to distribute the NBJ. () I would like to help distribute the NBJ

Please check which sections/articles/column that you read in the NBJ:

() Youth Page	() Community News	() Health Focus
() Senior Page	() Letters to the NBJ	() Money Matters
() Environment	() Arts & Entertainment	() Financial Advice
() Community News: Spanish	() Bernal Business News	() Astro Rap
() Neighbors on the Hill	() Bernal Hilltop History	() Walking Blues
() Classified Ads	() Senior Activities	() Senior Lunch Program
() Display (large) Ads	() Events Calendar	() other: _____

How often do you shop at/patronize the advertisers in our paper?

() Regularly () Often () Once in a while () never

Which of the following appeal to you when you decide where to shop/dine?

() Location/convenience	() Hours/Days Open	() Reputation/Years In Business
() Good Prices	() Quality of Service/Products	() Friendly Service/Help
() Appearance of store front	() Sales/Special Offers	() Senior Citizen Discounts
() More than one language spoken: () Spanish () Tagalog () other: _____		

How often do you dine in restaurants in the Bernal Heights areas (Cortland, Precita Ave., So. of Army/Mission)? () 4 times a week + () 2-3 times () 1-2 times () once a week

How often do you use savings coupons in newspapers?

() Whenever I can () Often () Once in a while () never

Do you have skills/time that you would like to volunteer to the NBJ?

() Journalist/writer/reporter () Photography () Art Production () Advertising sales
() proof reader () translator () Illustrator () other: _____

Please use another sheet of paper to include any other comments about the NBJ.
We request your name, phone & address information in order to contact you in the event that you win one of our prize drawings. Please omit this information if you do not wish to enter our prize drawing. Return questionnaire by 6/18/91 to be eligible for prize drawing.

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Name: _____ Phone: (w) _____ (h) _____

Address: _____ Zip Code: _____

REVITALIZATION

Continued from page 1...

and no single adults drinking from cans in paper bags. Officer Ibay said, "Citizens have to know they can take over the street again." One problem he cited was people driving too fast on Cortland and not stopping at the signs at the intersections of Cortland and Andover and also at Cortland and Ellsworth. Although he feels that most of these offenders are from outside the neighborhood he warns that he will be ticketing. He said, "I don't want to give Bernal Heights residents tickets, but if I have to I will."

Merchants were eager to express what they want. Mike Callagy, owner of Arrow Pharmacy says, "If I had to depend on people walking up and down the street for business I'd close. Most of my business comes from board and care homes and psychiatric centers. I'd like to see more street traffic on our end of the street. We need a health food store,

bakery, and hardware store as well as other specialty stores."

Kathleen Puls, Manager of Art Mount stated, "We need to have some of the closed store fronts opened up. I would like to see a nice restaurant opened." Most people interviewed frequently mentioned this need for a high quality family restaurant.

With the addition of quality restaurants, produce and food stores, street traffic on Cortland is bound to improve. In order to attract more residents to shop Cortland Avenue, their needs and desires must be met, such as convincing our local bank branch to install automated teller machine outside of their branch where we can use it at our convenience. Hats off to Police Officer Ibay. Merchants can call Imre Mandoki at 282-1458 about the Cortland Merchant's Association and also to express their ideas. With these new additions and more, we can expect to see lots of good things happening on Cortland.



Photo by Vicki Victoria

Annie Gonzales and Josephine Campagne shop on Cortland Avenue before going to lunch at the Bernal Heights Senior Program. Convenience is important to the community's elderly who have a harder time getting around.

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Community News

Neighborhood Clinic Provides Unique Service

By Carol Farron

With sky-rocketing health insurance costs, many Bernal Heights residents find themselves uninsured or underinsured and unable to afford medical attention. It's a real predicament. The American Hospital Association estimates that nearly 33 million Americans under 65 have no health insurance.

Dr. Marc Snyder the director of St. Luke's Hospital's Emergency Room says more and more Bernal Heights residents are now using emergency rooms as their primary source of health care. He says patients often postpone seeking medical care for treatable problems which in turn lead to greater health problems and more expensive diagnosis and treatments.

For Bernal Heights residents, the prospect of finding nearby and affordable health care needn't be bleak because good news is just around the corner: St. Luke's Neighborhood Clinic. This sliding-scale clinic has been providing high-quality, low-cost health care to those in need for 70 years. Patients are welcomed to use the clinic's services regardless of where they live or their ability to pay. It's the only clinic of its kind in San Francisco.

Doctors at St. Luke's Neighborhood Clinic donate their time to the clinic. They provide general medicine as well as 28 specialty services and treated 13,000

clinic visitors last year alone. Family practice physicians are joined by hand specialists, dermatologists, cardiologists, pediatricians and many other specialists in providing care for patients.

"Most clinic patients would be left stranded without any health care at all. That would be devastating in terms of human consequences," said Maryam Rashada of St. Luke's Hospital Community Advisory Board and Project Director for the city's Teenage Pregnancy and Parenting Project. The overall goal of St. Luke's neighborhood clinic is to prevent illness and keep down long-term medical costs for its patients.

Dr. Tim Crooks, St. Luke's Neighborhood Clinic's medical director, says that the clinic serves mostly families where a parent is temporarily unemployed or has no medical insurance. Many other clinic visitors are elderly and living on fixed incomes.

The St. Luke's, a non-profit hospital, opened in the Bernal Heights home of Dr. Thomas Brotherton before it moved to its present site in 1875.

The clinic on Valencia Street at Army is open Monday through Friday from 8 a.m. to 4 p.m. If St. Luke's Clinic patients need to be seen at other times, they can go to the St. Luke's Hospital's Emergency Room which is open 24 hours, everyday. For more information on St. Luke's Neighborhood Clinic or to make an appointment call 641-6500.

Precita Park Improvements...

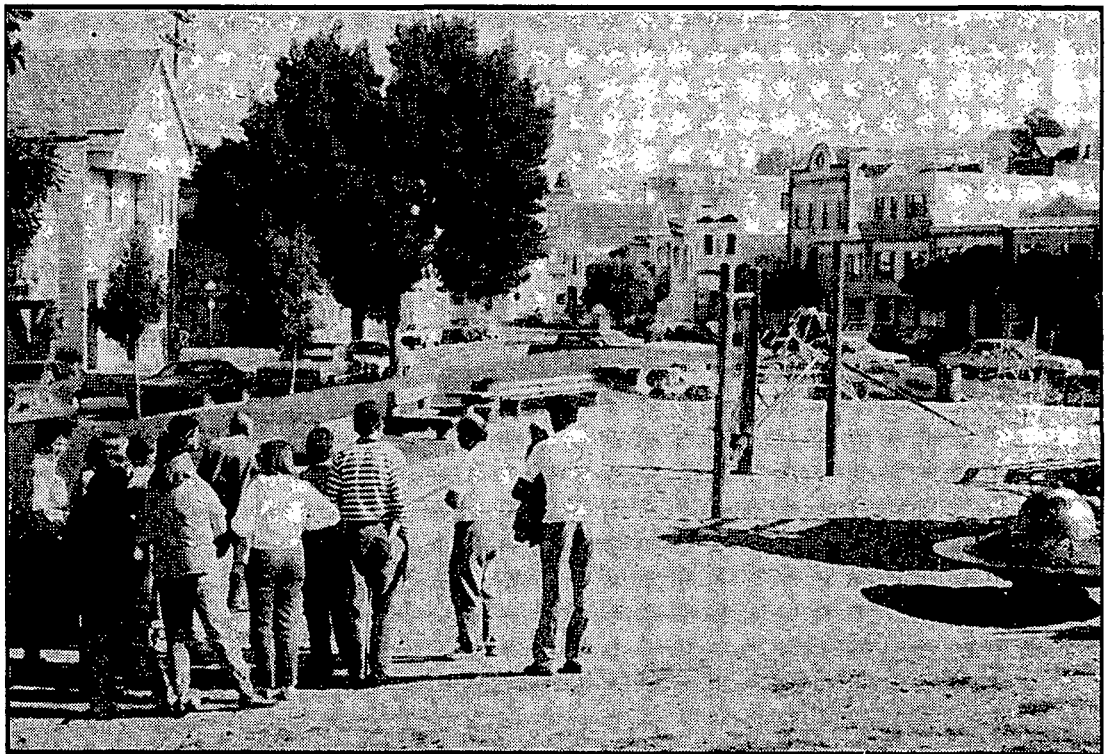


Photo by Vicki Victoria

Neighbors met at Precita Park with S.F. Recreation and Park planners to discuss improvement plans for the grounds. Neighbors stressed a priority improvement that calls for fencing up the playground area. The fencing would be designed to be non-obtrusive to the scenery and serve to keep unsupervised dogs from littering the sand box areas. The fencing would also make the playground area more suitable for small children who may wander outside of an unfenced play area and onto the street.

Tom Chiosso, the planner with Rec & Park feels that suggestions such as these are important, but feels a third meeting is necessary in order to have a community consensus about what improvements should be planned for the park. He is appreciative of the 20 or so residents who have attended the last two community meetings, but feels a lot more of the residents need to express their ideas, too. He plans to send a "Neighborhood Survey" to all of the surrounding residents in order to get a better idea of what the community as a whole would like to see.

How to Contact the Police in Case of Emergency

By C.P.O.P. Officer Rey Ibay



In order for the police to respond as quickly as possible to your request for assistance during an emergency, your assistance is necessary and much needed:

- If you have an emergency, remain calm (take a deep breath!) and call the emergency number "9-1-1" immediately. It is understandable that it could be a monumental task just staying calm under stressful circumstances.

- Once you get the police dispatcher on the line, state the type of emergency and your location as briefly and accurately as possible. For example: "There is a white man with a gun in front of 515 Cortland. He is wearing a blue hat, black jacket and blue pants," or "A young woman is entering the window of my next door neighbor at 350 Andover Street." Speak clearly, slowly and distinctly and give descriptions such as sex, age, race, height, clothing, etc. Unless you are in physical danger, do not hang up the phone until the dispatcher advises you to do so. Occasionally (and this must not happen to you!) some callers are so deeply agitated and distraught that they hang up the phone before giving the location where help is needed.

- The police dispatcher, having determined you have an emergency, will broadcast the information over the police radio and direct police units to the location. The police dispatcher is in constant contact with the police officers assigned in your area. Simultaneously, while you are still talking to the dispatcher, the police officers are already responding to the scene.

Remember, if you think you have an emergency, dial "9-1-1." Nobody will blame you if you honestly think that your situation needs an emergency response from the police. For non-emergency response from the police, you can either call the police non-emergency number (553-0123) or the Ingleside District Community Police Officer Program (C.P.O.P.) 24-hour number (333-3433). Or better yet, just advise me when you see me walking in your area.

Market Heights: Affordable Housing for Families

The Bernal Heights Community Foundation is proposing an affordable family housing development near the Farmer's Market. If you think you qualify for one of the units and would like more information, please fill out the form below and mail it to: BHCf, 515 Cortland Ave, San Francisco, CA 94110.

Name _____ Phone _____

Address _____ City _____ Zip _____

Size of unit needed: 1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____

Current Income Maximums

(1990 figures, adjusted every year):

For a family of 1: \$18,100	For a family of 4: 35,700
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For a family of 3: 32,150	For a family of 6: 40,150

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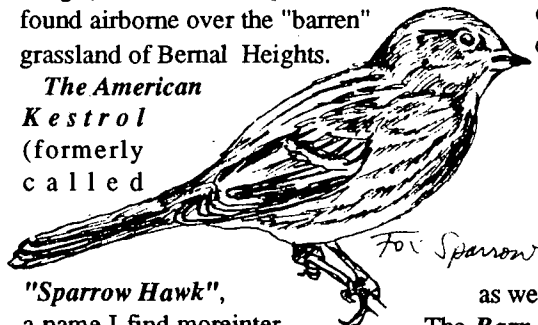
Environment

Birds of Bernal Heights Hill Park

By Albert Kurz

There are usually one or two *Red-Tailed Hawks* present over the Bernal Hill. The Red-Tailed Hawk is distinct from other species of similar sized hawks by its rust colored tail (lightly so colored on the underside of the tail). However, the younger ones lack this rust hue on the upper side of the tail. However, it can be distinguished from the other similar sized hawks in San Francisco by its dark hue on the leading edge of its wings (on the lower side of the wings.) Most seasons it can be found airborne over the "barren" grassland of Bernal Heights.

The American Kestrel (formerly called



"Sparrow Hawk",

a name I find more interesting) is a resident species and that breeds in Bernal Heights. The only falcon I know of in Bernal Heights is distinguished from the other falcons with its small size, pointed wings and by its rufous tail. A bird of open terrain, it avoids dense woods. These falcons are widespread in the grass and brushy areas of San Francisco and hunts at lower altitudes than the larger Red-tailed hawk.

The *Mourning Dove* is the native dove of Bernal Heights. It is another open area bird and a permanent resident of the general vicinity of Bernal Heights. At one time the Mourning Dove was rare in San Francisco due to hunting

pressures, but now it is abundant throughout the city. Unlike the introduced (non-indigenous) *Rock Dove*, it has a sharp pointed tail.

Northern Flicker is the only woodpecker I met with on the hill, is to be found in the various ecologies there, including the grasslands. It can be seen year round, but usually there is only one or two, foraging on Bernal Hill Park, and not necessarily every month (though each season). It is one of the more common woodpeckers in San Francisco. It is the largest member of the Woodpecker family, in the city. It also differs from the other local woodpecker by the spotting across the undersides, as well.

The *Barn Swallow* is a fairly small streamlined bird that is sighted regularly on Bernal Heights. Most summers there are one or two looking for insects low over the grasslands. Its tail is markedly forked compared to other swallows and is not found in winter.

The *Scrub Jay* is a permanent resident of San Francisco and is found in the shrubbery and on large trees along the flanks of Bernal Hill Park. It is nearly all blue above and light grey below. It is probably San Francisco's only native jay. This jay is fairly large for a local bird and can be seen in yards, too.

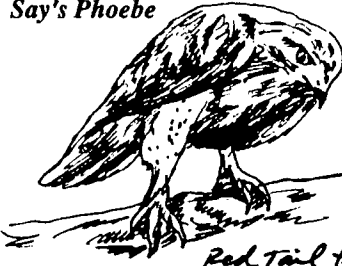
The *American Crow* is erratic-

Birds of Bernal Heights (Indigenous species)

These birds occur regularly through the years in the Bernal Heights Park undeveloped area.

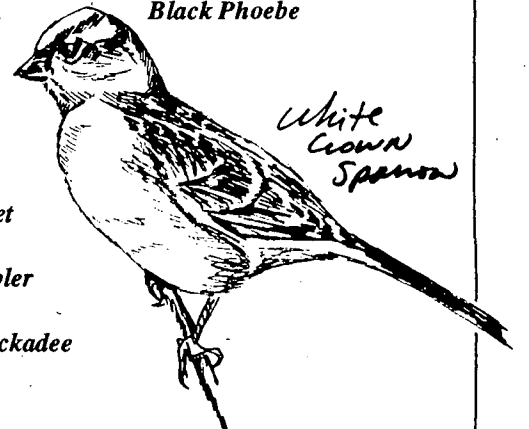
Copyright 1991 A. Kurz

Red Tailed Hawk
American Kestrel
Mourning Dove
Anna's Humming Bird
Northern Flicker
Say's Phoebe



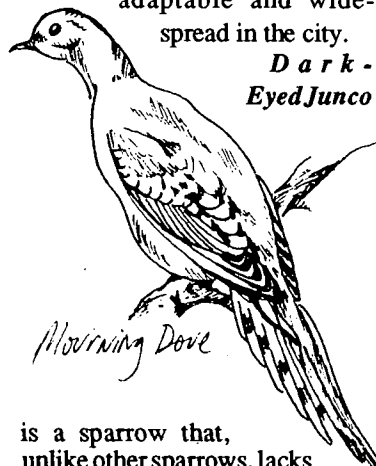
Red Tail Hawk

Violet-Green Swallow
Barn Swallow
Scrub Jay
American Crow
Common Raven
Bushtit
Ruby-Crowned Kinglet
American Robin
Yellow-Rumped Warbler
Townsend's Warbler
Chestnut-Backed Chickadee
Brown Towhee



White Crown Sparrow

ally (for any one month) a permanent resident for Bernal. One was sighted scavenging on the grasslands one dry season. A large flock was observed within the past year on the treeless part of the hill, some of them loafing will the others rested in the dry grass. A bird of various environs, it is adaptable and wide-spread in the city.



Dark-Eyed Junco is a sparrow that, unlike other sparrows, lacks streaks on its plumage. A semi-regular to the crown and arborescent sides of the hill. Common when present, it is distinguished from other sparrow-like birds of common bird's juveniles lack the stark white and black crown (head) markings of adults. Instead, these potential adult black streaks are brown in the bird's early stages. As with all birds, the juvenile is about the same size as the adult. The *Golden Crowned Sparrow* is an associating bird with the White Crowned Sparrow. It has been sighted most winters on and in thicketed parts and hedgerows. Having a golden crown, no other sparrow in the

region has as much yellow on its head.

On occasion I have come across the *Fox Sparrow* in the shaded north side. It is a rich brown fowl on its upper parts and this subspecies has spotting on its chest. It is a winter bird in this part of Bernal and elsewhere in the city. Only a single bird of this species is usually found on each side of the street which divides the patch of shrubs on the north incline.

A common grassland species of Bernal Hill is the *Western Meadowlark*, which would disappear if there were to be too much treeplanting. It once inhabited the grasslands that stretched across most of the eastern and southern portion of natural, primitive San Francisco and in the dunes that were geologically formed to the west of what is now in the boundaries of the city. Bernal Heights was also a natural grassland at the time of the first white settlers, though



the current grasses are mainly of a European species. The *Meadowlark* is a medium-large with deep yellow on its chest and under parts. Its back is streaked with brown. Its white outer-tail

feathers are evident when the bird is taking off. Its upper chest has a black band of a "V." It is also often observed in San Francisco's only saltmarsh area, Pier 98, which is situated on the shores of the Indian Basin and Candlestick Point's state recreation area.

For some years the *Brewer's Blackbird*, a dark, medium sized bird, was absent from San Francisco in the earlier 1900's. Common in the general vicinity, it can be found carrying nesting material at the top of the hill's radio tower area. It is a very common native bird, often seen on the concrete sidewalks of the Mission and other built districts. Uniformly dark, the *Brewer's Blackbird* lacks markings and can be told from other blackbirds by this distinction.

A common permanent resident visitor, the *House Finch*, frequents the radishes (a non-indigenous garden weed) growing at the top of the grassy knoll. Almost sparrow-like in size, its colorings are mostly brown and yellow through red. It's unfortunate that native thistles are not reintroduced to Bernal, since these plants would attract our native goldfinches: the *American and Lesser Goldfinches*.

For tips, as well as information on getting San Francisco Urban Wildlife started, write: SFUW, 537 Jones, #796, SF, CA 94102. Albert Kurz has a B.A. in Biology from CSUSF and has spent several years "birding" the Bernal Heights Hill Park, as well as wildlife of San Francisco County.

Bernal Hilltop Natural History: Recognizing Grasses, Part 4

By Barbara M. Pitschel

Now that we are again at the height of the grass blooming season, the time is appropriate to add another Bernal grass to the growing list of species that walkers on the hill can recognize.

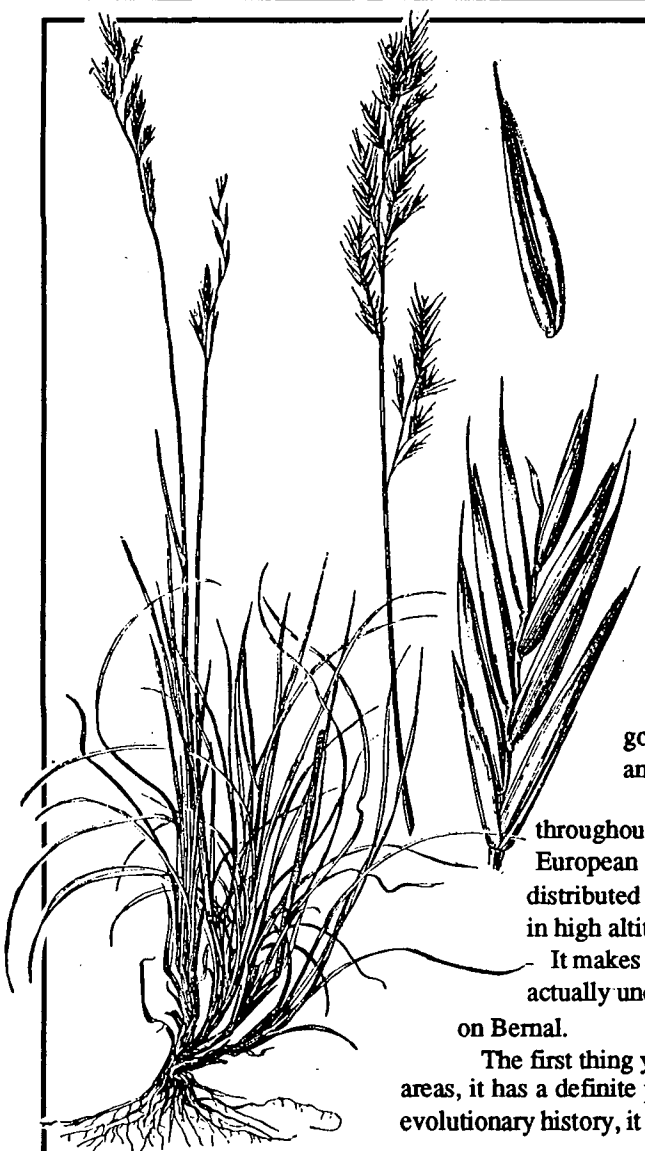
In past articles I have described grasses that were easily distinguished by their unusual flower forms. The grass I'm going to tell you about this month is most easily found on the hill by observing its growth habit, its preferred microhabitat, and its leaves.

Festuca rubra (commonly called "red fescue") is a species of holarctic distribution, which means that it is broadly native throughout northern regions of both the eastern and western hemispheres. In fact, the species was first named by Linnaeus from a European specimen in the original 1753 work which established the system of botanical nomenclature still used today. Broadly distributed grasses that evolved as part of such northerly floras frequently reach their southern distributional limit in California and in high altitude areas elsewhere in the United States.

It makes sense that such widely distributed species would exhibit considerable local variation, despite that fact that they have not actually undergone speciation, and that is certainly the case with *Festuca rubra*. This article will address the plant only as it appears on Bernal.

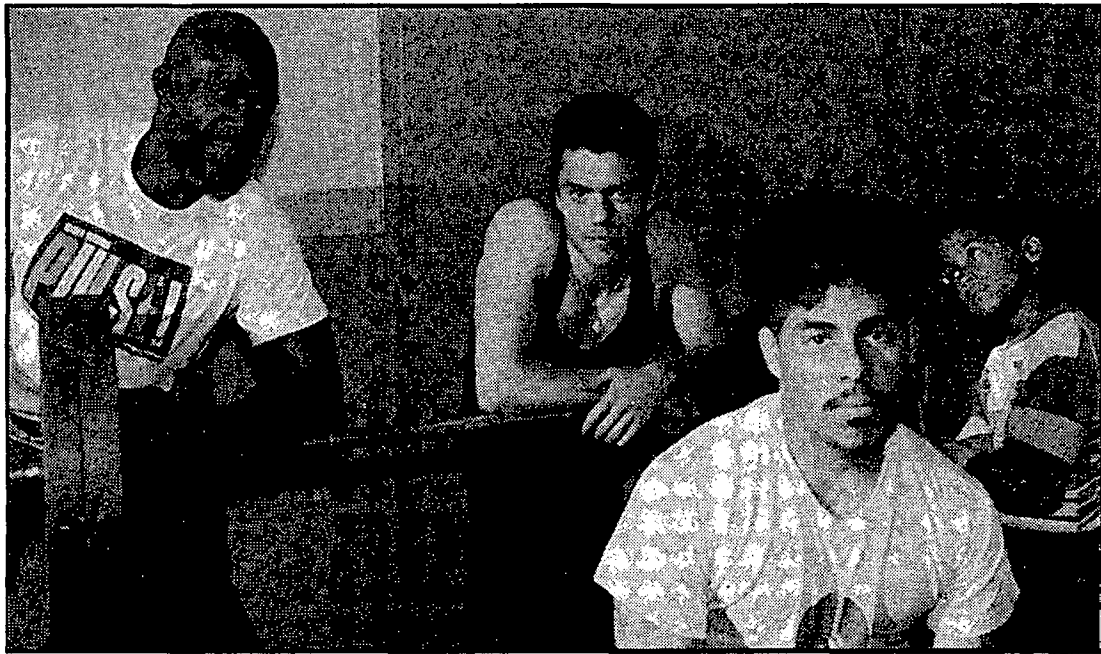
The first thing you need to know about *Festuca rubra* on Bernal Hilltop is that, although individual plants can be found in a variety of areas, it has a definite preference for a small climatic zone, where a very dense population center grows. Naturally enough, considering its evolutionary history, it prefers the coolest, moistest, shadiest part of the hilltop. On Bernal that is the northwest slope, where it grows in a dense

Continued on page 10



Arts & ENTERTAINMENT

Bernal Summer Guide!



The men of the Bernal Gym...James Rhodes, Sr., Gus Martinez, Oscar Rodriguez pump iron in the gym's weight room while future body builder, Miguel Jimenez, admires their form.

Precita Center

534 Precita Avenue, 285-7833
Located east of sunny Precita Park, The Precita Center is part of the Mission Neighborhood Centers that provide community services such as Youth Employment, drug counseling and recreational activities. Summer schedule times have not been established at press time.

• Summer Program

School age children. Free. Supervised by Precita Center Staff and Youth Workers, children can enjoy a variety of activities from arts & crafts to field trips and tutoring. A hot lunch is provided.

• Weight Lifting Room

Ages 14 & up.
Indoor Basketball Court
2:00 - 6:00pm, Co-ed.

Bernal Gym

Moultrie Street/Jarboe, 695-5007
Located behind the Bernal Library, the Bernal Gym offers indoor and outdoor recreation.

• Summer Lunch Program

11:30 a.m. - 1:00 p.m.
Ages 18 years and under.
Nutritious lunches will be distrib-

uted from Bernal Gym in convenient, take out packaging which allows children and youth to enjoy their meal in the park area.

Gym

Weight-lifting room and indoor and outdoor basketball courts are just a few of facilities offered by the Bernal Gym.

Junipero Serra Elementary School

Holly Park Circle/Highland School Yard Activities

Monday - Saturday

12:00 p.m. - 5:00 p.m. Free.

Children and youth can enjoy tetherball, volleyball and kickball. Coordinated and supervised by Recreation & Park staff members.

Paul Revere Elementary School

555 Tompkins Avenue School Yard Activities

Monday - Saturday

12:00 p.m. - 5:00 p.m. Free.

Outdoor sports such as baseball and soccer are featured. Coordinated and supervised by Recreation & Park staff members.

Mission YMCA

4080 Mission, 586-6900

Summer Day Camp

June 10th - Labor Day

7:00 a.m. - 6:30 p.m.

Fee: Sliding Scale. K-5th grade: \$79.00/week, Junior High School ages: \$70.00/week. Financial Aid is available.

The "Summer Day Camp" is open from 7:00 a.m. - 6:30 p.m. and was designed to meet parents' work schedule needs. The day camp sets its fees on a weekly basis, so that parents can enroll their children according to their own individual family's vacation and school year schedules. The day camp features a daily fieldtrip, drama, arts & crafts, karate, dance, and music. Overnights to YMCA's resident camps are also featured, as well as a daily lunch. Childcare supervision ratios are excellent, with one childcare worker for every thirteen children. Youth worker assistants provide additional care and companionship for children.

Senior Program

10 a.m. - 1:00 p.m., ages 55 & up.

Continued on page 14

Walking Blues

By Jacqueline Elizabeth Letalien

My initial impressions of urban living in my early explorations reveal a world of concrete and glass. Most of the wood available is found in architecture not in tree groves. Streets are a series of walls and doors and windows. Dwelling places are so close together there's not even enough room for the wind to pass through. Conversations of next door neighbors is more frequent than bird calls. Anything louder than conversational tones passes through the walls. If I liked the neighbors' taste in music, I'd never have to buy another audio cassette.

To someone who is not an urban dweller, the concept of "open space" in a city seems ludicrous. In my part of Bernal Hill, first glance would seem to support the skepticism. The building are not as intimidating as say, those found in Manhattan. Still they are side by side with no apparent open space (that especially includes no parking space). The only visible uncovered piece of earth is Precita Park. It's not too hard to get carried away while surveying this diminished panorama and think: if all the people living in all these houses were to all come out to walk their dogs and play frisbee, we'd instantaneously lose our allotted open space.

This doesn't happen though. Precita Park is not jammed with people, dogs and frisbees. And, no it's not because drug pushers frequent one end of the park. And, no, it's not because we consider a flat to be open space. If you had a key to a flat, walked up the stairs, down the hall, through the porch, onto the back stairs - you'd know why.

In the center of some blocks is a world of secret gardens. It is a world of grass, fennel, rose bushes, lavender, sage, Swiss chard, apple and lemon trees; jasmine, calendula, comfrey; and bare earth. There is even a redwood tree that causes me to wonder: how'd that get there. Wild beasts roam this open space: raccoons, cats, and children; there a little critters such as salamanders, monarch butterflies and birds.

Compared to some other urbanites, San Franciscans are rich in open space. There are some cities that do not have an abundance of ground level gardens, yards or play areas. In a place like Manhattan the only visible hills and mountains are 60 -100 story buildings. In this cities' city, the only open space in the street valleys are parks and alleys. There are no apparent secret gardens; or so I thought until I happened into a discovery. I met someone who lived at the top of one of those imitation mountains. I passed the door man, went up the elevator, to the peak floor. From there I had a view of the city I'd never had before. Revealed in this lofty panorama, there they were: secret gardens. Grass and potted trees and ferns and chaise lounges - on the rooftops.

Apparently any city people crave and create open space, like grass that grows in the cracks of sidewalks or the flowers crowding around a tree in the urban forest at the edge of an avenue. We find a way to make our environment beautiful. No matter how much concrete we put between our feet and the earth, we cannot be separated from nature.

EVENTS CALENDAR

Cortland Spring Clean Up

Saturday, 6/1. The Cortland Merchants Association and the Bernal Heights Community Foundation invite residents to help care for the street trees, clean playground and paint over graffiti. 648-8915.

Hill Clean Up

1st Sundays, 6/2 & 7/7. The N.W. Bernal Block Club invites all residents to help keep Bernal beautiful! Meet at the Folsom Street Gate (on the north-slope) at 10:00 am to clean up litter on the hill. Mickey Saxon: 282-2489.

North West Bernal Block Club

Meets 6/11, 2nd Tuesdays 7-8:30 pm at Cafe Commons, 3161 Mission. For Agenda & info: Charles Bolton, 647-8861.

Bernal Neighborhood Poets: Poetry Reading

Wednesday, 6/12 7:30 p.m. at the Bernal Library, 500 Cortland Avenue. Teachers and students of "California Poets in the Schools"

Mirabel Block Party,

Thursday, 7/4. The Mirabel/Coso Neighbors host their annual block

party, featuring a live band and barbeque. All neighbors are invited to this free neighborhood event, 11:00 am - 6:00 pm.

Bernal Hilltop Work Parties

Sundays, June 16th & July 21st. The Bernal Hilltop Native Grassland Restoration Project meets the 3rd Sunday of every month to control escaped exotics, mow weedy grasses, enjoy the wildflowers and pick up trash on the hill. Meet at 11:00 am at the foot of the road leading to the phone company microwave tower, near the southwest road closure of Bernal Heights Blvd. More info: 282-5066.

Bernal residents, block clubs, churches, schools and organizations are invited to send in their announcements of activities for the "Events Calendar" to the New Bernal Journal, 515 Cortland, SF, 94110. Announcements should be printed or typed clearly and include a contact person's name and phone number. Will consider all submissions and will try to print as many announcements as space allows. Next issue submission deadline is 7/19/91.

Bernal Heights Arts Festival

The Annual Bernal Heights Arts Festival, sponsored by the Bernal Heights Community Foundation, will be held in late September or early October this year. This will be the third year of this neighborhood festival that celebrates the artistic talents of our community residents. Last year's festival was held in the Bernal Playground (Behind the library) and featured dozens of community visual, musical, and performing artists and craftspeople.

I would like to participate in the Arts Festival as a:

() Musician () Performer () Visual Artist () Food Vendor () Volunteer
() Planning Committee () other:

NAME: _____

PHONE: _____

ADDRESS: _____

RETURN TO: BERNAL HEIGHTS ARTS FESTIVAL, 515 CORTLAND, SF, CA 94110

Noticias de la Comunidad en Español

Llevo Agua en Botella, Y Patrullo



El Policá de Ronda de Bernal lo hace en dos ruedas...

Por: Vicki Victoria

Traducción de Carmen Muñoz

Bernal Heights recibió a mediados de Mayo su segundo oficial C.P.O.P. (Oficial de Policía-Programa Comunitario), completando su nómina de dos oficiales de "ronda". La idea de C.P.O.P. fué implementada este año para dar a la ciudad oficiales del barrio que estarían más íntimamente involucrados con su distrito haciendo su "ronda" a pie, en vez de un carro patrulla. A diferencia de otros C.P.O.P., oficiales que son policías a "pie", Martha Fabiani tiene su propio estilo de "caminar" su ronda: en una bicicleta montañera. "A la gente le gusta - es nuevo, diferente y ellos piensan que somos más movibles en una bicicleta que a pie", dice la Oficial Fabiani. Además de ser más accesible a la comunidad, la Oficial Fabiani también nota que se agarra desprevenidos a los individuos que cometen crímenes. "Ellos esperan ver un carro de patrulla, y no una bicicleta. Ya he arrestado a gente en el acto debido a esto".

Cuando la Oficial Fabiani fué escogida para C.P.O.P., su sargento le dijo que había cierta patrulla en necesidad de un oficial bilingüe (ella habla ambos, español e italiano). La Oficial Fabiani descubrió que su patrulla sería en Bernal Heights y entusiastamente aceptó el nombramiento. "Yo crecí en Bernal Heights y he vivido aquí en los últimos 31 años". Casada con dos hijas, de uno y tres años respectivamente, ella espera motivar y actuar como un modelo positivo para los jóvenes de Bernal. "Yo soy una mujer con dos niños que trabaja, y cualquier joven puede hacerlo, también!". Junto con sus deberes regulares, la Oficial Fabiani está muy interesada en organizar un grupo de deportes para jóvenes de Bernal. "Me gustaría alcanzar a la juventud de una manera positiva

Continúa en página 12

Clínica Continúa... tratamiento en las Salas Siquiátricas del Hospital General de San Francisco a pacientes cuya condición se ha agravado que el mantener los servicios externos que existen en la comunidad".

En respuesta a la crisis fiscal de la Ciudad, la Oficina del Alcalde ha ordenado al Departamento de Salud Pública de San Francisco a reducir su presupuesto para el año fiscal venidero. El Director de Salud Pública, Raymond Baxter, ha expresado su promesa de continuar la provisión de servicios a todos los ciudadanos en cada distrito iniciando la integración de las clínicas de salud y salud mental de la comunidad, "Trataremos de preservar la prevención, cuidado primario y otros servicios de la comunidad para evitar el uso de servicios más costosos de cuidado más serio". Sin embargo, la definición de Baxter de "basados en la comunidad", es muy amplia, y no realística y planea consolidar uno de los más grandes distritos de la ciudad, el área del sur-este, con una clínica presente situada en el distrito de la Misión/Potrero Hill.

Gerald Whitehead, Presidente de la Junta de Directores de la Fundación de la comunidad de Bernal Heights, ha luchado a la par de otras organizaciones comunitarias, iglesias y grupos del vecindario y sociedades para mantener abierta la clínica, durante los últimos tres años. Whitehead cree que siempre ha habido omisión de servicios del vecindario en la parte sur-este de la ciudad. "Bernal Heights ha sido tradicionalmente 'acortada' en asuntos de presupuesto en lo que se refiere a mejoras de infraestructura y mantención; veríamos con gran alarma cualquier esfuerzo de cortar también nuestros servicios de salud mental". El considera la clínica como un recurso indispensable del vecindario para la labor de comunidad de la fundación.

Los servicios suministrados a los ciudadanos en la clínica incluyen una variedad de servicios vitales de salud mental y tratamiento de gente enferma men-

talmente - seria o crónicamente con depresión, psicosis, esquizofrenia, fobias, desórdenes de ansiedad y problemas mayores de crisis en la vida. Al ser una clínica de pacientes externos basada en el vecindario, estos servicios de salud mental permiten a la gente regresar a sus familias y resumir sus vidas en sus propios hogares y comunidades. No se rechaza a ninguna persona que solicite los servicios de la clínica por razones financieras. Más del 35% del presupuesto de la clínica se provee con reembolsos del estado y gobierno federal a través de Medical y Medi-Care.

"Comprendemos que la ciudad de San Francisco busque el balance de su presupuesto cortando los programas menos esenciales", explica Lynn Simon de la Corporación de Vivienda Bridge que dirige los apartamentos a bajo costo para mayores, Coleridge Park Homes. "Sin embargo, el costo que resulta para la ciudad al cerrar la Clínica de la Calle 29, podría imaginarse mayor que al mantener sus puertas abiertas". Phil Zamora, Presidente de la Sociedad de Comerciantes del Sur de Army/Misión, ve el cierre como un posible aumento de problemas originados por la falta de cuidado mental de la comunidad. "Veremos aumento en nuestras prisiones, más necesidad de protección de la policía, más problemas relacionados con las drogas y el alcohol y, finalmente, aumento de admisiones a los hospitales de personas con severas enfermedades mentales. No podemos sufragar esos altos costos en términos humanos y económicos".

Emily Goldfarb, de la Coalición y Servicios para los Derechos de Inmigrantes y Refugiados ve el cierre como otra pérdida de servicios para la gente más desprivilegiada de la ciudad: inmigrantes y refugiados. Goldfarb explica: "Muchos inmigrantes y refugiados son sobrevivientes de la guerra, crisis económicas, y desastres naturales. El trauma sobrellevado después de estas experiencias debe tratarse propiamente para que ellos funcionen como miembros contribuidores de

nuestra comunidad". William Nelson, de la Oficina de Asuntos Hispánicos de la Arquidiócesis de San Francisco ha visto una creciente necesidad para los servicios de la Clínica de la Calle 29. "El creciente problema de los enfermos mentales en nuestra comunidad - empeorado por el creciente número de refugiados Centro-Americanos - demanda más bien una extensión de este vital servicio de comunidad y no su eliminación". Esta necesidad de aumento de servicios de salud mental para las minorías está apoyado por los datos del Censo de 1990 que muestra que la población Hispana de Bernal Heights ha aumentado un 10%, un crecimiento más grande que cualquier otro grupo étnico en la comunidad. El Censo ahora muestra un total de Hispánicos más de un tercio (8,206) de los 23,445 residentes de Bernal. Patrones similares se repiten a través del servicio de distrito de la Clínica de la Calle 29 - como el área de Excelsior marca un 66% y el Valle de Visitación un 47% de aumento de Asiáticos, Nativos Americanos y otras poblaciones étnicas.

Un joven Latino en sus veinte años es un ejemplo del caso de muchos residentes de Bernal Heights que han sido ayudados por la Clínica de la Calle 29. Hace unos pocos años, "Miguel", (nombre ficticio para proteger la identidad del cliente), fué a la Clínica con lo que parecía ser una honda e in-tratable depresión que repetidamente le causó la pérdida de sus empleos y discontinuar sus estudios en el colegio. Después del diagnóstico apropiado y tratamiento de su recurrente depresión, Miguel pudo regresar a sus clases y graduarse de su Universidad, obteniendo eventualmente una buena colocación con una compañía local grande. Miguel debe continuar su tratamiento, pero permanece exitoso en la carrera que escogió y con su propia familia.

El Comité de Finanzas de la Mesa de Supervisores revisará la propuesta del Presupuesto del Departamento de Salud Pública que, a su vez, decidirá la suerte de la Clínica de la Calle 29 - a mediados de Junio.

Cortland Continúa...

Otra mejora notable en el vecindario ha sido la presencia de Ray Ibarra, nuestro propio Oficial de Policía del Programa Comunitario (C.P.O.P.). Si usted ha notado que el cuadro ha mejorado en la biblioteca y parque así como también en Cortland y Ellsworth, se debe gracias al esfuerzo del Oficial Ibarra. El ha limpiado un gran número de basureros. El da la bienvenida a los comerciantes y residentes y se pone a la orden en el teléfono 333-3433. Un reciente paseo por el parque un domingo por la tarde, encontramos muchas familias felices sin un solo adulto tomando latas en bolsas de papel. El Oficial Ibarra dijo, "Los ciudadanos deben saber que ya pueden andar tranquilamente por las calles de nuevo". Un problema que citó fué el de la gente que maneja muy rápido en Cortland y no puede detenerse en las señales en las intersecciones de Cortland y Andover así como también en Cort-

land y Ellsworth. A pesar que él piensa que estas personas no pertenecen al vecindario, advierte a todos que estará poniendo tickets. El dijo, "Yo no quiero dar tickets a los residentes de Bernal Heights pero si tengo que hacerlo, lo haré".

Los comerciantes estuvieron entusiasmados a expresar lo que quieren. Mike Callagy, propietario de la Farmacia Arrow, dice, "Si para el negocio yo dependiera de las personas que caminan de un lado a otro de la calle, yo cerraría". La mayor parte de mi negocio proviene de juntas y hogares de cuidado al igual que centros siquiátricos. Me gustaría ver más tráfico al final de la calle. Nosotros necesitamos una tienda de alimentos para la salud, repostería y ferretería así como otras tiendas diversas.

Kathleen Puls, Gerente de Art Mount afirma que "Nosotros necesitamos tener abiertos algunos frentes de ciertas tien-

das. Me gustaría ver un buen restaurante abierto". La mayor parte de la gente entrevistada frecuentemente mencionó esta necesidad para una restaurante familiar de calidad.

Con la adición de productos frescos, al horno, mariscos y otros, así como la nueva tienda con especialidad Húngara, el tráfico de la calle tiende a mejorar. A fin de atraer residentes que comprenden en Cortland Avenue, sus necesidades y deseos deben ser satisfechos, tal como convencer a nuestra sucursal bancaria para que instale una máquina automática fuera del banco de manera que podamos utilizarla cuando la necesitemos. Saludos al Oficial de Policía Ibarra. Los comerciantes pueden llamar a Imre Mandoki al teléfono 282-1458 sobre la Asociación de Comerciantes de Cortland y también para expresar sus ideas. Con estas nuevas adiciones y otras más, podemos esperar ver muchísimas cosas buenas que pasen en Cortland.

Market Heights: VIVIENDAS DE BAJO COSTO PARA FAMILIAS

Bernal Heights Community Foundation esta proponiendo un proyecto de vivienda con un valor razonable para familias cerca del Farmer's Market. Si usted cree que califica para una de las unidades y le gustaría tener mayor información, favor llenar esta forma y enviarla por correo a: BHCF, 515 Cortland Avenue, San Francisco, CA 94110. 648-0330.

NOMBRE _____ TELEFONO _____

DIRECCION _____ CIUDAD _____ ZIP _____

Tamaño del Apartamento:

1 BD _____ 2 BD _____ 3 BD _____ 4 BD _____

Numero de Adultos: _____ Numero de Niños: _____

Ingresos Maximos Corrientes:

(cifras de 1990, ajustadas cada año)

Para una familia de 1: \$18,100	Para una familia de 4: \$35,700
Para una familia de 2: \$28,550	Para una familia de 5: \$37,950
Para una familia de 3: \$32,150	Para una familia de 6: \$40,150

Para mayor informacion en Español, favor llamar al telefono: 648-0330



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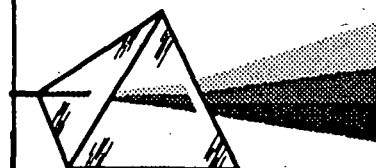
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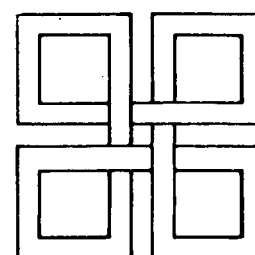
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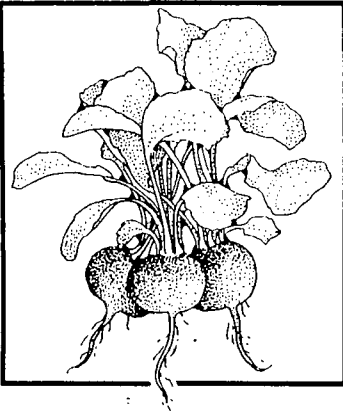
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Living on the Hill



Organic Gardening in Bernal Heights (for the beginner)

by Imre Mandoki

My meaning of organic gardening is working without harmful chemicals to produce things in my garden that I and my family can enjoy and at the same time doing the least harm to the good earth.

I don't think its necessary to talk more about philosophy. We get so caught up in words, its more important that we learn from each other how to make gardening more (fill in the space) fun, enjoyable, a learning experience for our children, etc.

Spring, summer, fall, and winter are all times when we can start a garden if you don't have one already. For the novice try to develop your skills on a small section with vegetables that are compatible with each other. You'll soon have the whole area planted and know which vegetables and fruits to plant when and where.

Easy to follow steps:

1. Planning. Make a small diagram of the yard. Mark off a small area to be worked on now (Let's call this area #1).

2. Digging. The area we have marked on our plan as #1 needs to be dug up at least one shovel depth. I suggest not turning over the shovel, we don't need the bottom soil on the top (nature doesn't work that way), but loosen the clumps with the spade. At this point I don't walk on it any more. See #5

3. Make a bed. I like to put a frame around the area I have just dug up. It makes it easier to water. (don't need to waste water on the paths) Use some scrap wood, anything that isn't treated with preservatives or painted. I stake the wood, level it with a rake and its ready for the next step.

4. Fertilizer. We could be sophisticated and get a soil analysis but its not necessary for this level of gardening. Some well rotted manure and compost mixed into the top couple of inches will do just fine. What we want are the nutrients in the soil and water retention but not hardpan where the water can't be absorbed by the plants. Bugs will go after the weaker plants first.

5. Water. Unless its an unusual year we won't have any rain in the next couple of months so the plants will need some water. Water the bed well, let it soak in and do it again. You will use less water and energy than a large agro-business to produce even the few delicious items we start with. As the plants get larger they will begin to shade each other which will mean less watering. Please note if your soil is very hard before your dig (step #2.) give it a good soaking and wait a couple of days. Its very important not to walk on or dig wet soil. It compacts the soil and defeats our work.

6. Seeds. Some standard plants that get along with each other (companion planting - check under title in the library or bookstore) carrots, peas, leaf lettuce, rosemary, sage, tomatos all like each other. Of these plants carrots dislike dill (fennel etc.) peas are bad with onions, garlic and gladiolus. Tomatos grow better with onions, parsley, nasturtiums, sweet basil but dislike kohlrabi. Follow the instructions on the seed packets for depth of planting. Spacing can be a little closer than the packet. In one area try tossing some seeds (its called broadcasting) the plants don't need to be in neat little rows, that method is for a tractor or tiller.

I could go on and on but it's more important for you to try your hand at it. If you have any suggestions or comments write care of this paper. Good luck!

Bees on Bernal



Photo by Terry Milne

A swarm of bees was rescued from a tree in front of the Brady household in the 1700 block of Alabama Street on a recent sunny Friday morning. The quivering mass of buzzing and beneficial insects had been forming up in the tree branches for several days, and Mr. Louis Dubay, San Francisco's "honorary beekeeper" said they were hungry. Mr. Dubay evacuated the bees safely into a hive and explained the basics of bee culture to Meghan Brady who overcame any trepidation to stand in the middle of the flying squadrons of honey-gatherers. the City's honorary beekeeper gives talks on his favorite subject at local schools and relates that he has been called several times to rescue other bee swarms in the neighborhood. With all our open space and flowers, it seems bees and Bernal were made for each other.

- By Dolores Brady

Bernal Hilltop - Grasses, cont'd from page 5

swath extending from the top of the hill down nearly to the tope of the roadcut. Although the species is a bunchgrass which grows in clumps, the bunches grow very close together here, forming thick mats a foot or more tall. The blades are extremely narrow and rolled inward. In wind, and especially in early morning or late afternoon light, the wavelike effect of these masses is strikingly beautiful.

The panicles of flowers are flat; when they are fully open in late spring, they look like those shown in the illustration, but positive identification by flower is difficult without examining minute characters with a hand lens. At a distance, immature flowers can be mistaken for other species, and even mature plants can be confused with other fescues. The name "rubra" means red and describes the red-brown or purple color often seen in leaf sheaths and flowers. But this character is not very apparent in Bernal plants, which are more uniformly dark green.

Some of the companion plants associated with our *Festuca rubra* population in its special little swath are *Chlorogalum pomeridianum* ("soap plant"), *Achillea millefolium* var. *californica* ("yarrow"), and, most noticeable in early spring, *Polypodium californicum* (a fern) and *Fritillaria affinis* (until recently known as *F. lanceolata*, our "checker lily" or "Mission bells").

It should be stressed that it is especially important, when dealing with a species of such wide geographic variation, to plant only the local genotype, which is so superbly adapted to its range.

This species is a little harder to spot than those I have previously described. Try to locate the species by observing its preferred hillside slope. If you need help, or if you would just like to benefit our special local plant community, join our work parties of the third Sunday of each month. There is a superb specimen of *Festuca rubra* in the restoration test plot that you can examine. We meet at the entry gate to the phone company road at 11:00 a.m. For further information call 282-5066.

Animal Rights Awareness Week: June 9th - 16th

"The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for whites, or women created for men." - Alice Walker

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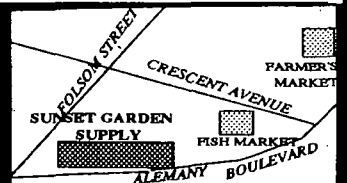
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Youth page

Youth DANCE-A-THON!

By Maria A. Morales,
Youth Program Participant

On May 11, 1991, the Bernal Heights Youth Program held their first annual DANCE-A-THON. With the help of Terrence Ireland, BHCF Board Member, Jose Leon, Youth Employment Coordinator, and his assistant, Martha Zamora, the event was a great success.

The DJs, New Image, who voluntarily provided music for the event, kicked off the DANCE-A-THON promptly at 10:30 a.m. The youth enthusiastically got up to start what would be the beginning of their seven hour event. The youth continued to dance until it ended at 5:30 p.m.

Many of the youth felt the DANCE-A-THON went just as planned: the music was good, the refreshments filling and everybody had fun - it was perfect. It was surprising to see that even the youths that were not planning to participate joined in with the rest of the dancers.



Donating their Saturday, these teens came to dance for a good cause. Standing left to right: Jose Leon, Youth Coordinator, Jose Marquez, Tyrone Blackburn, Kenny Quarrels, John Gotai, Lakesho Spears, Annette Luckett, Jamila, David Canas. Middle row: Tania Garcia, Elsa Hernando, Monica Flores. Sitting: Maria Morales, Lisa Mestayer, Karina Hernandez, Darilyn Adams, Eric Allen and Monique Lawson.



Monique and Darilyn team up on the dance floor.



Strike a pose: Darilyn Adams, Elsa Hernandez, Karina Hernandez and Monica Flores.

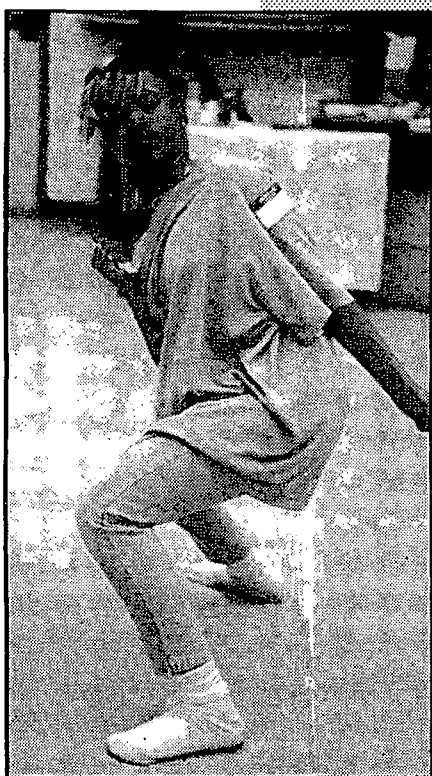


Photo by Jose Leon

Monique! Seven hours of dancing, and she's still going strong!

Once the BHCF Youth Program receives all the donations from their sponsors, the program estimates that they will receive about \$1,000 in pledges. The Youth Program is proposing to give twenty-five percent of the proceeds to the Larkin Street Center which helps youth in need.

Fifty percent will stay with the BHCF's Youth Employment and Training Program. The remaining twenty-five percent will be used to start a scholarship program at the BHCF.

The BHCF Youth Program would like to thank everyone who sponsored pledges for the DANCE-A-THON. They would also like to thank the youths who attended and participated - all of you did really well, thank you!

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Call Mauricio Vela at 648-0330 for more information and bookings.

Bernal Heights Neighborhood Center, 515 Cortland Avenue, S.F.



Continua pagina 7

a traves de este programa de deportes y especialmente interesar a las jóvenes. Competiremos con otros equipos de diferentes distritos en toda clase de deportes". Además de dirigir el programa de deportes, ella también organizará viajes gratis de pesca de salmón este verano para jóvenes de 11 a 18 años.

La patrulla de la Oficial Fabiani cubre el área norte de la Avenida Cortland al Parque de Precita, mientras que su compañero de C.P.O.P., Oficial Rey Ibarra, hace su patrulla en la Avenida Cortland y al sur. Sus patrullas se enlazarán y ellos trabajarán juntos con miembros de la comunidad de Bernal. "Quiero que la gente se acerque a mí y me haga saber cuáles son los problemas de la comunidad", dice el Oficial Fabiani. "Yo sé que no puedo resolver todos los problemas a un tiempo, pero quiero que la gente comprenda que trabajaré duro, guardando un nivel, y necesitare su ayuda". Sobre la opción de enfrentarse a las colinas de Bernal en bicicleta en vez de a pie, ella dice que disfruta ese modo que le hace más visible y accesible a los vecinos. "Más gente se acerca a mí cuando voy en bicicleta en lugar de un carro patrulla - hay muchas más miradas y muchas más sonrisas".

Los Oficiales Fabiani e Ibarra dan la bienvenida y encarecen a los residentes de Bernal a comunicarse con ellos a su teléfono de C.P.Q.P. número 333-3433.

Senior page

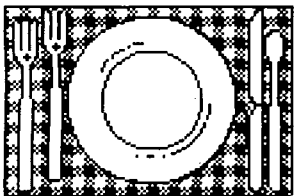
Senior Scrapbook



The beautiful Spanish dance, "La Leyenda del Beso" is performed by Carmen Morales at a talent show in the Bernal Heights Neighborhood Center.



The Bernal Seniors and their Potluck Dinner to the swingin' tune of "Boogie Woogie" as Jeff Bachman and Julia Tarrango (foreground) tear up the dance floor. Olga Pelligrini and little Marta Silva (background) swing, too!

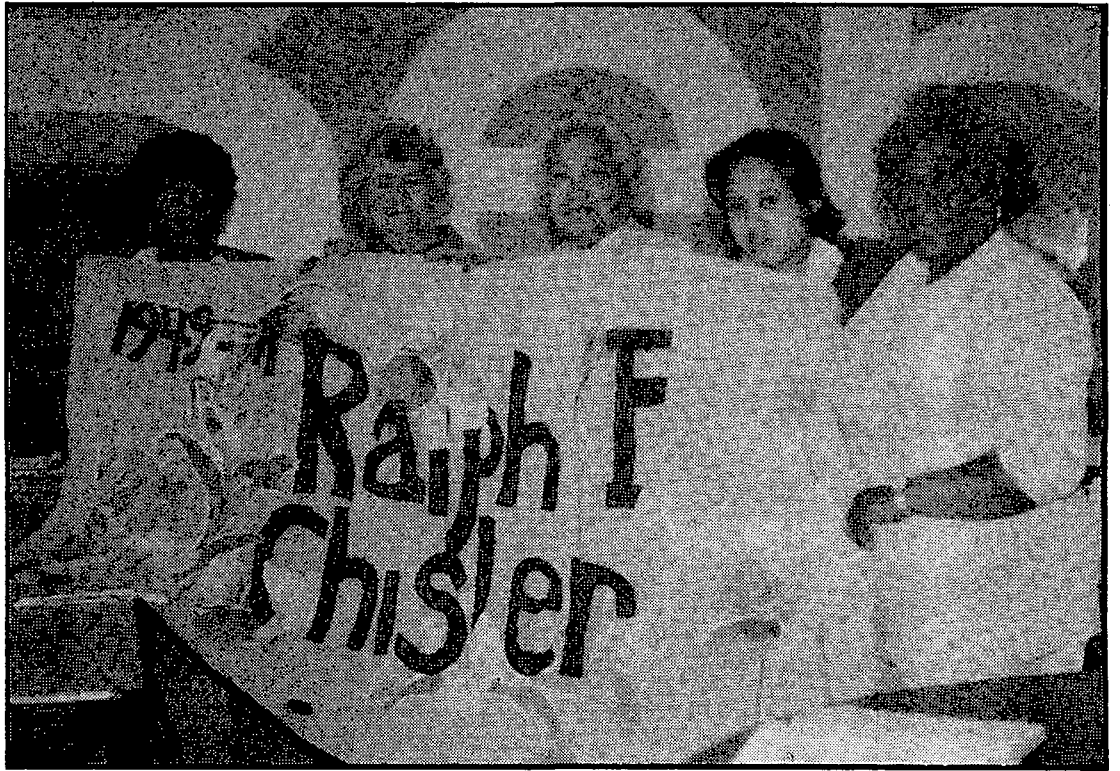


Senior Lunch Program

Monday, 6/3
Spaghetti & Meat Sauce
Tuesday, 6/4
Sweet & Sour Chicken
Wednesday, 6/5
Cider Stew
Thursday, 6/6
Texas Chili
Friday, 6/7
Hawaiian Fish

Monday, 6/10
Chopped Steak & Gravy
Tuesday, 6/11
Picnic Day! Hot Dogs!
Wednesday, 6/12
Lemon & Herb Chicken
Thursday, 6/6
Beef Chow Mein
Friday, 6/14
Spinach Lasagne

Quilting a Memory



The Bernal Heights Senior Program's Arts & Crafts class displays a quilt that they are creating in memory of Ralph E. Chisler. Upon completion, the seniors will present the quilt panel to the "Names Project AIDS Memorial Quilt." Pictured left to right is Vernon Tarriel, Instructor, Mary Brady, Julia Yim, Pacita and Grace Williams.

Ralph loved flowers and music. His favorite place was Disneyland. He was only 42.

When longtime Bernal Heights Senior Program member, Eleanor Chisler, lost her son to AIDS in May, her fellow seniors at the center shared her grief. On May 2, 1991, Ralph Emmerson Chisler drew his last breath and finally found peace from AIDS. Ralph or "Ralphie," as his mom called him, frequently baked delicious cakes and pies with his partner, Earl Salisbury, for the seniors' special celebrations and dinners. His mother Eleanor fondly remembers how unselfish Ralph was as he always found the time

to take care of her in her older age. This unselfishness extended into Ralph's work of providing in-home care to AIDS patients for eleven years.

Many of the seniors at the Bernal Heights Senior Program thought that a quilt panel for the NAMES Project AIDS Memorial Quilt would serve as a loving memorial to Ralph. As Vernon Tarriel's Arts & Crafts class would sew applique flowers onto the quilt with Ralph's name, many of the other program participants' curiosity would cause them to inquire about the project. They learned that family and friends of people who died with AIDS made

a panel to create a memorial to their loved one, as well as make others aware, understand and confront the crisis of AIDS.

The AIDS Quilt has travelled around the world in attempts to open hearts and minds to need for compassion and response to AIDS. The quilt panel for Ralph E. Chisler will be added to over 14,000 panels representing only a fraction of the thousands more who have died from AIDS. The NAMES Project invites those who have lost someone to AIDS to create a quilt panel for the Memorial Quilt. To receive more information about the quilt, or to make a contribution to help produce the quilt, call 863-1966.

For a complete menu, call the Bernal Heights Senior Program: 206-2142. Seniors 60+ are invited to enjoy these delicious lunches for only a \$1.25 suggested donation, Monday - Friday, 12:00 noon in the Bernal Heights Neighborhood Center, 515 Cortland Avenue.



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Senior Activities for June/July

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Friday, 6/7, 12:45 - 3:30pm. Join us for this trip into exotic Chinatown as we'll walk the fragrant streets and find our way into a tea shop for a delicious treat! Free!

• Sausalito Ferry Trip

Monday, 6/10, 11:00 - 4:30 pm. Ride the ferry to the charming town of Sausalito and explore the interesting shops and beautiful scenery. Free!

Filipino Independence Day Celebration
Wednesday, 6/12, 11:00am. We'll celebrate Filipino food, music and dance!

• CHIPPS Presentation

Friday, 6/14, 11:15am. Learn how you can qualify for free minor home improvements that will make your home safer from falls. Presented by the Community & Home Injury Prevention Project for Seniors.

• Father's Day Celebration

Monday, 6/17, 11:00 am. We'll honor dads on his special day with song and skits.

• Zoo Trip

Friday, 6/21, 12:45 - 3:30pm. Visit the beautiful and colorful animals at the zoo!

• Birthday Party & Dance

Monday, 6/24, 10:00 am - 2:00pm. Live music by Johnny Vallelunga

& His Band is featured at this popular monthly event. All birthday celebrants will receive a piece of birthday cake and corsage. Free!

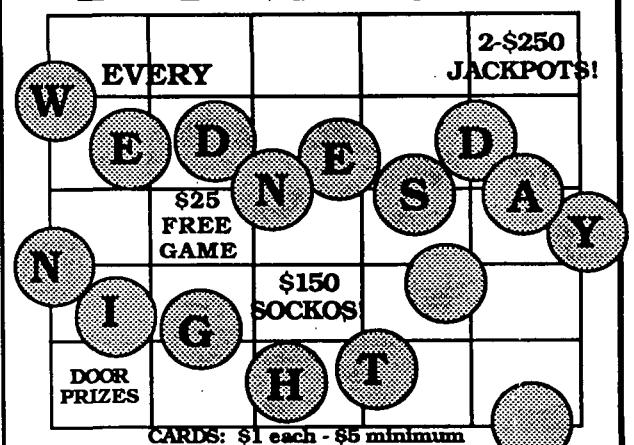
For a complete schedule of activities, call the Bernal Heights Senior Program at 206-2142 or come to our center at 515 Cortland Avenue. Space is limited on Van Outings, so sign up early!

Thank You to

Homedco for their donation of a walker to a participant of the Bernal Heights Senior Program. Mrs. "C" had been without a walker because someone stole it prior to her moving into Bernal Heights. Cheers to Homedco!

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CLASSIFIED ADS SPECIAL!

As a service to our readers, the NBJ will offer these special rates for our Aug/Sept. Issue:

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- For Rent/Sublets

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- Volunteer Help Offered
- Free Items/Give-a-ways

These specials apply to private parties only and not to businesses or agents. The NBJ reserves the right to decide which ads will be printed at these special rate. Maximum size for special ads is 20 words. Special rate deadline: 7/19/91.

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Bernal Summer Guide

Continued from page 6

Activities for senior citizens include a lunch program and Wednesday & Friday Bingo Games.

Bernal Branch Library

500 Cortland Avenue, 586-4075

- Wednesday Family Nights
7:00 - 9:00 p.m. All ages.

The library hosts a variety films and story telling this summer for family entertainment, as well as a way to meet your neighbors!

- Summer Reading Program
June 17th - August 17th.

"Library Kids are WILD about Reading" encourages and challenges school age children to keep a summer book list. Upon completing their book list, kids will receive special certificates and stickers for their achievement.

St. Kevin's Church

704 Cortland Avenue, 648-5751

- Summer Program

July 1-31st, grades 1st - 8th, 9:30 a.m. - 12:30 p.m.

Monday - Thursday. Fridays: Optional fieldtrips.

Fee: \$25.00/child. Families of 3 or more: \$25.00/1st child, \$10.00 each additional child. All children will enjoy and benefit from the Summer Program's math, reading, and arts classes which feature bilingual instruction by the diverse staff. Games, sports and fieldtrips provide recreational fun. Grades 6th, 7th & 8th will enjoy electives such as calligraphy, typing, dancing, cooking, and mechanical drawing.

Summer Program Teens

June 29th - July 31st, Monday - Friday, 9:00 - 1:00 p.m.

Teens 9th grade and older can be trained to volunteer as a "Teen Helper" in the St. Kevin's Summer Program. Being a "Teen" in the Summer Program pro-

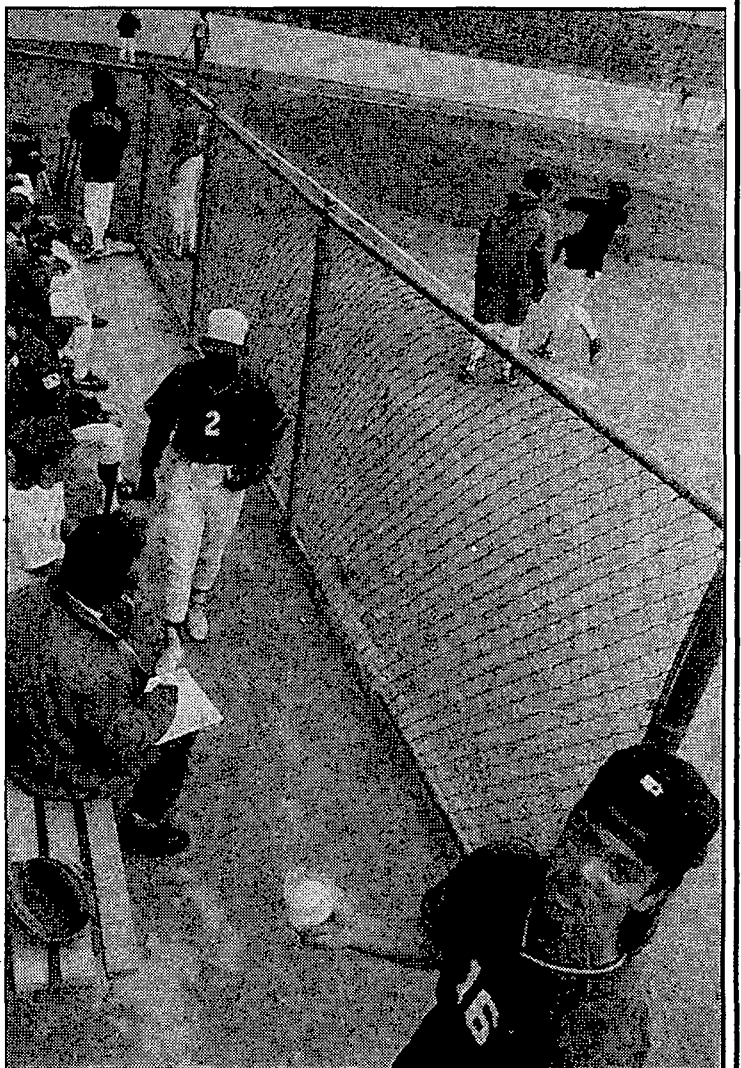


Photo by Rory McNamara

St. Mary's Park hosts two ballplaying diamonds for its many sports leagues.

vides a "big brother/big sister" type of relationship with the children who look up to their "teen" as their role models.

St. Mary's Park

Murray Street/Justin, 695-5006.

This S.F. Recreation & Park facility offers a softball diamond, baseball diamond, large grass area, two tennis courts, gym and auditorium. The activities listed here are just a sampling of the many activities offered by the friendly St. Mary's staff.

- Mexican Folk Dancing
Adults: Mondays, 7:30-9:30 p.m.
Kids: Fridays, 7:00 - 9:00 p.m.
- Intermediate Volleyball
Adults. Thursdays, 7:30 p.m.
- Kid's Gym
Thursdays, 10:00 - 11:30 a.m.
Ages 1 - 3.
Fee: \$15.00/10 weeks
Creative and fun climbing apparatus allows small children to challenge their physical and imaginative strengths. Parent supervised.

- Pre-School Classes
Fridays, 10:00 -11:30 a.m.
Ages 3 -5
Fee: \$5.00 for the summer
- Senior Citizens' Club
Tuesdays, 12:00 - 2:00 p.m.
Ages 50 and over.
- Baseball & Soccer Leagues
14 years and older.
Girl's Basketball
17 years and under.
Sign up for leagues at the office.

Farmer's Market

Alemany Blvd. at Crescent

Tuesdays-Saturdays, Dawn to Dusk.
Summertime means an explosion of fresh, colorful and delicious fruits and vegetables trucked into Bernal Heights. This open air market features incredible prices and varieties of produce, as well as fish, honey, eggs, plants and flowers. Saturdays are the biggest market days. Arrive early for the pick of the crop, go later near the closing of the day for some real bargains.

Health Focus

Sprouts

by Jeanette Conley, RN

As I expand in my new store on Cortland, next to the Community Center, I am drawn to write about sprouts. Sprouts are the second highest energy food only to Pollen. Sprouts will grow year round and are a good source of vitamins, minerals and enzymes. Sprouted legumes and grains are a high source for the eight essential amino acids. They are easy to grow and can be used in many ways.

To sprout any seed, grain or legume you need a large wide-mouth jar, such as a mason jar, a piece of cheesecloth or mesh and a piece of string or rubber band to secure the mesh. Take the seeds or beans that you wish to sprout and place them in the jar making sure they have eight times there present size to grow. Cover the jar with the mesh and rinse the seeds or beans.

Soak the beans overnight and rinse out in the morning. Save the water for soup stock. See chart below for soak times. Rinse and drain well 2 to 3 times a day for 3 to 5 days. Sprouting will increase rapidly in hot humid weather and decrease in colder climates. You can refrigerate them to slow down the process. Alfalfa sprouts need to be placed in the sun after 5 days to produce chlorophyll. Beans: Black, White, Haricot, Kidney, Lima, Navy, Pinto, Red can be sprouted as well as any grains. Grain sprouts are ready when the root is the length of the seed.

Seed	Soak Hours	Rinse Days	Ready in (hours)
Aduki	8-12	3	3-5
Alfalfa	5-8	2-3	5-6
Chick peas	8-15	4	3-4
Beans	8-12	3	3-4
Lentils	8-12	3	2-3
Millet	5-8	3	3-4
Mung	8-12	4	5-6
Peas	8-15	2	3-5
Sunflower	8	2	24

The Emerald Edge has relocated to 513 Cortland Ave. To celebrate we are having a party: June 8th.

Bernal Business News

By Phil Zamora, President
So. of Army Mission Merchant's Association

The congregation of men looking for work at the corner of Valencia and Mission Streets has been the topic of many Merchant Association meetings as well as downtown City Hall and residential community group meetings. Besides being a social eyesore to the community, there has been accusations of vandalism, indecent exposure, cat-calling, drinking in public and drunkenness. Not a great promotional campaign for the Businesses in the area! It has been a little over one year since Supervisor Jim Gonzales initiated a plan that now is in operation since May this year. The "San Francisco Day Laborers Program" at the corner of 17th Street and Hampshire is open from 7:00 a.m. to 2:00 p.m., six days a week, processing men out of work into work. Herman Martinez and Joaquin Dominguez run the office on the site with a mere \$70,000 per year operating costs for the project.

The project has the great possibilities of Thomas Edison's light bulb. But like the light bulb and all its genius, there has to be a source of energy to make the filament glow. The besieged area at the corner of Valencia and Mission (Taco Bell, Women's Clinic, Burger King, Lightstones and Valencia Pharmacy) has been more than patient waiting for a "Messiah" to lead the laborers away to a promise land. A land where there is no harassment from police, merchants, drug pushers, Immigration and various other agitating groups. This still is a country of great opportunity and like Edison's light bulb, an idea is only as good as the people who implement it. There is no "one" person that can alleviate this social and economic paradox. It's not going to be a supervisor or a merchant's associa-

tion, a local activist, the police or the Mayor of San Francisco, but rather all of the above working together. It's a city problem, and if you really want to look closer - it is a world problem. You can help. If you're interested in solving the Valencia-Mission problem call Herman or Joaquin for some answers at 554-1377.

Danny Milas, a native of Greece, is opening a fresh produce store at 3282 Mission Street (near 29th) which will feature fresh produce and some organically grown veggies and fruits. His new store will give an old Victorian a fresh, new look in the neighborhood.

Speaking of fresh new looks, the construction next to Serratto Real Estate (corner of 29th and Mission) of a six condo building with no parking facilities is somewhat of a "slick one." The South of Army Mission Merchants Association did not get wind of this construction until the actual constructing began (constructions without parking spaces built behind the backs of begrudges a merchant's association.) The bus stop was moved without warning to the front of Don's Keys, which according to Don was the cause of his window being cracked by people leaning into it while waiting for the bus.

The Emerald Edge, an alternative health store to alternative health stores, has moved to a new location at 513 Cortland. Owner Jeanette Conley is looking forward to bigger, better and healthier sales at the larger location.

The Health Paws, the first health supply store for animals in the United States, at 3274 Mission has a new manager, Lisa Grendahland. If you have a cat, dog, bird and or small furry animal, stop by and meet Lisa.

Cesar's Latin Palace may soon be a palace of the past if the Board of Appeals deems so. With ex-Police Chief Jordan and Mayor Agnos grasping for votes this season, you may wonder what really is going down downtown. I will follow up on this story in the next issue.

Bernal Neighborhood Business Directory



Save this directory for your shopping convenience!

BANKS/SHOPS

Home Federal of San Francisco, 3334 Mission: 826-6166
Las Road Runners, 511 Cortland: 641-0402
Another Country, Bookstore, 307 Cortland: 641-8247

REALTORS/INSURANCE

Margret Maker, Coldwell Banker: 563-4111
Larry De Vischer, State Farm Insurance, 3579 Mission: 285-2021

HOME MAINTENANCE/REPAIR

Peter Waring, Plumbing, 49 Bache: 550-6622
Noe-Bernal Glass, 401 Cortland: 285-3181
Dan B. Underhill, Plumbing: 206-1412
Craig Cummings, Kitchen & Baths: 315 Park: 641-1355

HEALTH CARE/PHARMACY

Glenn S. Belen, Dentist, 3208 Mission: 641-8900
The Emerald Edge, 513 Cortland: 550-0449
Arrow Pharmacy, 439 Cortland: 648-5618
The Fourth Trimester, Postpartum Care: 821-7068

ART/PHOTOGRAPHY

Art Mount, Posters & Framing, 430-A Cortland: 647-7722
McNamara Photography: 824-4392
George Lozada, Graphic Artist, 619 Cortland: 648-7322

PETS

Health Paws, Pet Food & Products, 3274 Mission St.: 285-0209

GARDEN

Sunset Garden Supply, 320 Alemany Blvd., 648-4242

PROFESSIONAL & COMMUNITY SERVICES

Bernal Taxperts, Bookkeeper, 501 Cortland: 641-4922
Community Boards, Conflict Resolution, 161 Leland: 239-6100
S.F. City Recycling Program, 554-6193
Noe Valley Computers, 100 Clipper, 282-3000

AUTO

San Francisco Auto Repair Center, 611 Florida St.: 285-8588
Auto Motion, 185 Bayshore: 550-2400

SUPER MARKETS

JC Super, 820 Cortland: 648-4656

CLUBS/BARS/ENTERTAINMENT

Skip's Tavern, 453 Cortland Ave.: 282-3456
Wild Side West, 424 Cortland Ave.: 647-3099
St. Kevin's Wednesday Bingo, 704 Cortland, 648-0330

RESTAURANTS

Kitty's Restaurant, American Food, 3322 Mission: 282-4775
Cafe Cozzolino, Italian Cuisine, 300 Precita: 285-6005
Pizza Express, 919 Cortland Ave.: 282-2333

This directory is listed as a courtesy to our advertisers.

*To have your business listed, call the
New Bernal Journal at 206-2144.*

Astro-Rap

by Jessica Murray

Pluto stops in the sky July 28, 1991, from Earth's point of view, and seems to begin to move backwards for a few months. The day of its station brings forth all manner of power issues.

Pluto, the tiniest yet the most potent of all the planets, enlarged our solar system by one-third when it was sited back in 1930. Metaphysicists take this to mean that our consciousness as a species can be expanded by one-third when we come to grips with Pluto's extension, individually one third our power integrating Pluto's fully in our own

Anything you rules by Pluto. To feasts as a cruel, domineers, a parent who will. Students of the Pluto's energy to the Psychologists and this principle as self-Whatever the out-Pluto always refers to newal in some new

placement of Pluto shows where in your life you must face power in its rawest, most awesome form. In confronting it, you become reborn.

What happens to you this July 28th or thereabouts will reveal much to you about your definition of power.

For astrological classes and consultations, call Jessica Murray at 626-7795.



meaning. By

als can enlarge by over our lives by function success-charts.

mean by power is some, Pluto maninating husband. To tries to shape your occult channel working of magic. gurus understand transformation. ward expression, breakdown and reform. Your chart



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Friday - Saturday, 7:00 am - 10:00 pm
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KAEL EGGS 18 PK, LARGE 1.49	DELMONTE CUT BEANS 303 SIZE 49¢	AUNT JEMIMA SYRUP 24 OZ. 2.39
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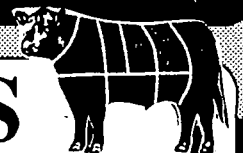
PREDILECTA PORTUGUESE SARDINES	2/1.00
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B.H. MARGARINE 1# CUBE	69¢
SOFT SOAP SHOWER GEL 8 OZ.	1.89

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POTATOES 10#	1.39
AVOCADOS EACH	69¢
CELLO CARROTS 1# PKG.	39¢
MANGOS EACH	69¢
CABBAGE LB.	29¢



MEATS

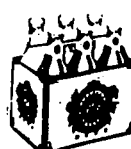


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MARKET OR PRIME RIB STEAKS	5.99LB.
NEW YORK OR SIRLOIN TIP STEAKS	2.99LB.
FILET MIGNON STEAKS	6.99LB.
T-BONE OR PORTERHOUSE STEAKS	4.39LB.
CHUCK STEAKS	1.99LB.
BONELESS CHUCK STEAKS	2.29LB.
LONDON BROIL	2.99LB.
CHUCK ROAST, SEMI-BONELESS	1.99LB.
CROSS RIB ROAST	2.39LB.
FOSTER FARMS	
WHOLE FRYERS	89¢LB.
WHOLE LEGS	99¢LB.
PORK SAUSAGE (OUR OWN) HOT OR MILD	
	1.79LB.
PORK NECK BONES	49¢LB.
PIGS FEET	49¢LB.
PIGS EARS	89¢LB.
HOG MAWS	89¢LB.
PATTA (COWS FEET)	1.29LB.
SLICED BEEF LIVER	1.19LB.

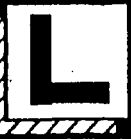
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JACK DANIELS 125TH ANNIVERSARY DECANTER BOTTLE 750ML.	25.99
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BUDWEISER BEER 6 PK. 12 OZ. CANS	3.99 +CRV
BUDWEISER BEER 12 PK. 12 OZ. CANS	6.99 +CRV
BUDWEISER BEER SUITCASE 24 PK. 12 OZ CANS	12.99 +CRV
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BECKS 6 PK. 12 OZ. BOTTLES	5.99 +CRV
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